

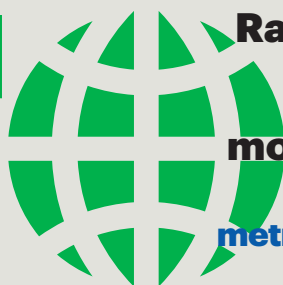
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Extortion charge against constable not disclosed

metr EXCLUSIVE

News release about arrest for assault neglected info



Joe Lofaro
Metro | Ottawa

An Ottawa police officer who was arrested Sunday by authorities in Gatineau is also facing a charge of extortion, Metro has learned — a charge not disclosed by the Ottawa Police Service this week.

The extortion charge and a charge of intimidation were not included in an Ottawa police news release issued Tuesday afternoon announcing that one of their own, Const. Nermin Mesic, was arrested.

The release said the 40-year-old officer was facing three charges: assault, forcible confinement, and uttering threats.

After a two-minute court appearance Monday afternoon to face the five charges, the constable was released from custody on a \$500 bond.

Police spokesman Const. Chuck Benoit said it is possible charges were added later.

"No, there's no covering up. We're being transparent with what we had at the time of the release and we can't go further into details about the investigation. I don't have any other answer for you," he said.

All of Mesic's charges were dated Monday and there was no indication in his court records to suggest otherwise.

None of the allegations against Mesic has been proven in court.

Police allege Mesic used threats or attempted to use threats to extort money from another man in his Gatineau home between Feb. 5 and 7.

Mesic, also a Gatineau resident, is facing a charge of intimidation for allegedly using the threat of violence on Feb. 5 to compel the alleged victim "to not talk to anyone about what happened," according to court documents.

Mesic, who is on the 2014 Ontario Sunshine List, is suspended from duty with pay, under provisions in the Police Services Act.

He was released from custody on the condition he not possess any weapons, abstain

from communicating with the alleged victim and his family, and to stay away from his home and workplace.

He is scheduled to appear in court on March 30.

Ottawa police said an internal Professional Standards Section investigation is underway, and the constable could face charges under the Police Services Act.

In 2009, Mesic was charged under the act with unlawfully exercising authority, discreditable conduct, and neglect of duty before admitting he slapped and kicked a teenager while questioning him about an incident, according to a CBC News report.

He pleaded guilty to those charges, apologized, and was ordered to work 11 shifts without pay.

He was not criminally charged in that case.

Matt Skoff, president of the Ottawa Police Association, has yet to respond to a request for comment.



No, there's no covering up. We're being transparent with what we had at the time of the release.

Police spokesman Const. Chuck Benoit

GREEN MONEY



Catherine McKenna
THE CANADIAN PRESS

Feds give municipalities environmental funds

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TRANSIT

Station closure planned



Emma Jackson
Metro | Ottawa

If university students aren't stressed enough, University of Ottawa students can soon add "navigating transit" to their list of aggravations this exam season.

OC Transpo officials have laid out their final route changes as part of the city's ongoing light rail construction, which includes closing "the most important" Transitway section between Laurier and Lees — and Campus station.

"It's the busiest section of the entire transit network," said OC Transpo's Pat Scrimgeour.

By April 24, it will close to buses forever, routing most onto new dedicated bus lanes along Nicholas Avenue to the highway.

But to help students and residents access campus and Sandy Hill, routes 95 and 98 will join the 85 travelling down Laurier Avenue and King Edward Street. Many students will also walk from Laurier station.

OC Transpo general manager John Manconi said staff will "take it up a notch" to advertise the changes, even paying staff to ride buses and tell students where to get off.

The bad timing couldn't be helped, said Steve Cripps, director of rail implementation office. Rideau Transit Group, the consortium responsible for the project, said pushing the closure back would affect the project's entire schedule.

Minister to address jails

OVERCROWDING

Conditions 'the worst' in the province: OPSEU official



Joe Lofaro
Metro | Ottawa

The union representing Ontario's correctional officers says Community Safety Minister Yasir Naqvi will create a working group to deal with overcrowding in Ontario jails.

This comes after OPSEU president Warren (Smokey)

Thomas toured the Ottawa-Carleton Detention Centre Tuesday to see firsthand the conditions inside.

After the tour, he told reporters at the front gate it was "the worst" he has seen in the whole province.

He said his meeting with Minister Naqvi went "very well" Wednesday as they discussed the issues plaguing the province's jails.

Overcrowding and access to mental health services are two of OPSEU's biggest concerns.

Thomas is calling on the province to earmark \$100 million in its upcoming spring budget to address the overcrowding problems and understaffing in the jails.

He said Tuesday he was surprised to see mattresses on the floor of shower stalls in the segregation unit. It was the first time he had heard of inmates using showers as cells, he said.

The press secretary for Naqvi said in a statement Thomas' claims about the showers were "completely inaccurate."

Thomas said he stands by his comments.

"I know what I saw," he said. "We saw mattresses on the floor."

He said he saw some cells "that you wouldn't put an animal in, never mind a human being."

The "grossly overcrowded" Ottawa jail on Innes Road still needs about 100 new correctional officers, he said, as some

\$100M

The amount OPSEU president Warren Thomas is calling on the province to put towards the issues facing jails.

recruited for the OCDC, she said.

"The minister and Smokey Thomas had a productive meeting today, where they discussed his tour and improvements that could be made both at the Ottawa Carleton Detention Centre and at correctional facilities across the province," Callighen said in an email.

"There was mutual agreement on the need to move forward with our transformation and to make real progress on reducing the number of people in our jails and helping to break the cycle — be it through enriched community supports, improved access to rehabilitation programs, facility upgrades or training for correctional officers."

are close to retirement.

In a statement Tuesday, press secretary Lauren Callighen said the province has hired 33 new correctional officers for the OCDC since 2013, including six new correctional officers who started working in December. Another 13 are currently being trained and another 40 are being

WEATHER

CHILLY WEEKEND AHEAD

Fourteen-month-old Maya Sales tests her sled in chilly Confederation Park on Wednesday afternoon. Environment Canada is forecasting a brisk high of -21 C on Saturday.

LUCY SCHOLEY/METRO



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Join DJs Illo and Psychology at the Aberdeen Pavilion for The Heat Is On party Sunday. CONTRIBUTED

For the love of the dance floor

EVENT

Cosy on up to DJs Illo and Psychology this Valentine's Day



Trevor Greenway
Metro | Ottawa

Looking for a hot date for Valentine's Day?

Don't want to be left alone with a box of lonely chocolates, with the urge of taking advantage of yourself after binge-watching *Better Call Saul*?

Don't do this, and don't use loneliness as an excuse to stay home alone on Valen-

tine's Day.

There are two hot dates that would love to bring you along to their V-Day bash at the Aberdeen Pavilion this Sunday.

They are great-looking, charming as hell and can do amazing things with their fingers.

They are DJs, guys, get your heads out of the gutter. Disgusting.

But DJ Illo and DJ Psychology won't mind too much if you cosy up to their genre-crossing sets this weekend for The Heat Is On Cabin Fever party at Lansdowne on Feb. 14.

While the pair may be known for their scratching and flavoured hip-hop parties in Ottawa and Montreal, DJ Illo promises revellers

will be dancing to many familiar tunes throughout the night — but all of them mixed perfectly with modern dance beats and low frequency bass that gets in your chest and infects your bones with uncontrolled leg jerks.

"Both of us have the ability to play every and all kind of music," says Illo, or Ian Lloyd by day, adding that because Sunday's Cabin Fever party is put on by the city, the crowd will be diverse enough to allow the DJs to really open their digital repertoire of classic tunes and mix them with more modern beats. They won't have to stick to hours of dirty trap, hip hop or house to wow the college 20-somethings looking to grind their weekend away.

"I feel like (DJ Psychology) and I will really be able to go all over the board again and play whatever we want and that is going to be really fun."

When digital DJing first became big in the mid 2000s, the craft took a major shift and became far more inclusive to young dance heads, with everyone and their dog claiming to be a DJ. The craze has started a whole "Real DJing" movement that tries to bring the craft of spinning vinyl records on actual turntables back into the spotlight, rather than some of the "button pushers" we see today.

While this is partly a good thing, as the craft of turntable DJing isn't being forgotten, Lloyd has noticed a regression in the industry, with niche DJs going back into their dark corners, with a few dozen fans rinsing to their complex minimal techno — and only complex minimal techno. Lloyd

has embraced the digital art form, not to replace old-school DJing, but to complement it and expand the tools he has to create that perfect mix.

"Long ago, before the digital DJ era took off, it was kind of segregated, you were either into hip hop or you were into house and you were into rock and that was it. And then digital DJing came along and mashups and it really opened up to what you could do. Over the last couple of years, I feel like it's going back to being segregated. It's gone really nerdy and nichey again," adds Lloyd.

"As a DJ, I don't enjoy that. Where I shine and where I have the most fun is when I play a whole bunch of different kinds of music and I would mix and blend it — I don't want to sound cocky, but I would do it so well that I would make people in the crowd enjoy music that they normally

wouldn't enjoy. That's a real art form. That's really something."

If you're wondering what kind of music we are talking about here, Lloyd really means everything. Expect to hear rock jams from the likes of AC/DC, some funky James Brown and maybe even some Sly and the Family Stone, if you're lucky.

And lovebirds won't be forgotten at this party either. Illo and company have a few "slow jams and classic old lovers' songs," that will make an appearance, but all with the pair's own twist. Not Twister, perverts.

Tickets are just \$10 and the city is sparing no expense to decorate the Pavilion in a rustic cabin, winter wonderland setting. So come and get jiggy with your better half this Sunday. And don't worry if you have already promised a foot rub — you'll both need it after this one.



Where I have the most fun is when I play a whole bunch of different kinds of music and I would mix and blend it ... make people in the crowd enjoy music that they normally wouldn't enjoy. Ian Lloyd, a.k.a. DJ Illo

Glebe holiday exemption challenged

EMPLOYMENT

Stores should remain closed: Labour council



Emma Jackson
Metro | Ottawa

The Ottawa and District Labour Council will challenge

the Glebe's holiday exemption at the Ontario Municipal Board, its president says.

Sean McKenny said it's "ludicrous" that city council approved an exemption to allow 90 Glebe shops to open on six statutory holidays, with little debate about employee impact or whether the Glebe actually meets the criteria for an exemption.

His group will appeal the decision within the next 30

days, once they speak to their lawyers, he said.

If the ruling stands, the stores will be allowed to open on stat holidays except Christmas, Easter and Good Friday, on the grounds the neighbourhood relies on tourism.

It's close to the heritage Rideau Canal as well as the Museum of Nature, the proposal said.

The Glebe is also home to

Lansdowne Park, which attracts thousands of visitors for sporting events, concerts and festivals.

However, last season none of the Ottawa 67s or Red-Blacks games fell on stat holidays, nor were there any major concerts those days.

This year, the Ottawa Fury's 2016 schedule doesn't line up with any holidays.

Few local festivals coincide, either, although the

Canadian Tulip Festival finishes on Victoria Day.

There's some debate about what constitutes a "tourist."

Does it count if someone from Orleans spends the day in the Glebe?

According to a city memo, the OMB dealt with that question in a 1995 case, finding the label depends on the visitor's intent and not simply whether they crossed a city boundary.

7

Number of councillors who had dissenting votes on the Glebe retail exemption for holidays: Rick Chiarelli, Keith Egli, Diane Deans, Catherine McKenney, Jeff Leiper, Riley Brockington and Stephen Blais



Coun. Jeff Leiper supports the CRTC ruling. FACEBOOK

INFORMATION TECHNOLOGY

'Net competition needed: Councillor



Lucy Scholer
Metro | Ottawa

One Ottawa councillor's attempt to rally support for a controversial ruling on high-speed Internet providers may prompt debate on whether the city should build its own municipal broadband.

On Wednesday, Kitchissippi Coun. Jeff Leiper tabled a notice of motion calling for councillors to support a Canadian Radio-Television and Telecommunications Commission (CRTC) ruling that allows smaller companies to piggyback off the fibre-optics infrastructure of telecom giants like Bell.

"We need competitors in the marketplace to discipline pricing and to ensure that the big guys are offering innovative services," Leiper said. Councillors will debate his motion.

Mayor Jim Watson disagrees

with Leiper's stance. He penned a letter to the Clerk of the Privy Council supporting Bell's application to overturn that CRTC ruling.

"They invest tens of millions of dollars in their network just to have competitors come and use their network at a severely reduced cost," Watson told reporters after the council meeting. "I felt it was important to support a business that provides thousands of jobs in the Ottawa area."

Last week, Toronto's city council voted in favour of asking the federal government to uphold the CRTC ruling, contradicting Mayor John Tory's opinion. Calgary has submitted a 28-page report defending the CRTC's decision.

If the federal government overturns the ruling, Leiper said council must consider municipal broadband access. There is free Wi-Fi at 25 municipal buildings in Ottawa.

HONOUR

Regional residents named to the Order of Canada

Seven people from the capital region will become members of the Order of Canada on Friday at Rideau Hall, among 47 new honourees.

The four recipients from Ottawa are:

- Christina Cameron, the Canada Research Chair on Built Heritage at the Université de Montréal.
- Thomas Harle, a prosthodontist who founded a full-service dental clinic at the

Ottawa Mission.

- Ted Itani, an adviser to the Pearson Peacekeeping Centre.
- John McAvity, executive director and CEO of the Canadian Museums Association.

Other recipients from the Ottawa area include Mantick's John Crichton, the former CEO of NAV CANADA; former Rockland mayor Jean-Marc Lalonde; and Pierre Bergeron, former publisher and editorialist for Le Droit.

MICHAEL WOODS/METRO

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A green boost for municipalities

INFRASTRUCTURE

Feds announce \$31.5M for environmental measures

A \$31.5-million funding announcement Wednesday is a taste of what municipalities could do with billions in promised green infrastructure money from the federal government, municipal leaders say.

The money from the Green Municipal Fund will be used to pay for capital projects and also to support planning, field tests and studies related to future green projects.

Cities believe the \$20 billion in new green infrastructure money that the federal Liberals have promised is coming over the next 10 years will be more effective than the Green Municipal Fund in the current economic climate.

The fund annually doles out about \$50 million in loans and grants, drawing on a pool of

funds set up with a \$500-million federal investment 15 years ago. The low-interest rates on loans through the program were designed to encourage cities to think green for projects that included wastewater treatment plants, turning solid waste facilities into energy producers and helping clean up and develop polluted lands.

But rock-bottom interest rates have made the fund's work more difficult. Municipalities can turn to banks for competitive interest rates without having the money tied to requirements for innovative, green component.

Ben Henderson, chairman of the green fund, said cities are the "canaries in the mine shaft" on climate change, fa-

cing issues like forest fires and flooding that have forced them to spend money to mitigate the effects of global warming. Federal funding would help cover those costs and future costs to adapt to climate change.

"Having that kind of federal government commitment to help us make it happen is the really pivotal piece of this," said Henderson, an Edmonton city councillor.

"Our hope and our belief is that it doesn't stop here. There's a lot more capacity that we have."

On Wednesday, Environment Minister Catherine McKenna highlighted \$31.5 million in grants and loans to 20 cities and towns across the country that would pay for projects to improve local standards for air, water and soil quality. Among the projects McKenna cited for funding were a net-zero-emissions library being built in Varennes, Que., and a Halifax project to install solar hot-water systems in local homes.

THE CANADIAN PRESS



There are a whole variety of ways that we can reduce emissions.

Catherine McKenna



Catherine McKenna, minister of environment and climate change, speaks to reporters following a speech to the Federation of Canadian Municipalities' Sustainable Communities Conference in Ottawa on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Spending skips the capital



Michael Woods
Metro | Ottawa

The City of Ottawa was shut out of new federal funding for sustainable projects announced Wednesday, but that doesn't mean the city won't see the benefits of the Liberal government's green investments down the line.

Of the 20 projects receiving \$31.5 million in grants and loans from the Green Municipal Fund, announced Wednesday by Environment Minister and Ottawa Centre MP Catherine McKenna, none are in the National Capital Region.

However, the chair of the Green Municipal Fund council says Wednesday's funding announcement was just the beginning.

"I think this is just a taste of the kind of possibilities and opportunities that municipalities have in order to move the bar," said Ben Henderson, who is also an Edmonton city coun-

cillor. "Our belief is it doesn't stop here."

For example, Ottawa has a new central library branch in the works. One project announced Wednesday — a new library in Varennes, Que. — is receiving a \$950,000 grant and a \$6-million loan from the fund. It's the country's first net-zero library, meaning it produces as much energy as it spends.

to step up on the climate change file, but we can't do it by ourselves," Henderson said. "So knowing that kind of (federal) partnership is out there for us is very reassuring, and I think gives us a chance to actually make some real progress."

McKenna's speech to 400 Federation of Canadian Municipalities delegates at the Westin Hotel focused on how the federal



There's a huge willingness and desire from municipalities to step up on the climate change file, but we can't do it by ourselves.

Ben Henderson

Another recipient of funds is Toronto Community Housing Corporation's green energy retrofit of seven social housing buildings.

Much of Ottawa's community housing stock is aging and would benefit from such a retrofit.

"There's a huge willingness and desire from municipalities

government could work with cities to fight climate change.

She admitted the data shows "a considerable gap between where we are and where we want to be in terms of reducing our greenhouse gas emissions," but pledged renewed federal commitment to reducing greenhouse gases.

TRANSPORTATION

Subsidy upped for buying electric car

Ontario is offering additional incentives to people who buy electric cars, up to a maximum of \$14,000.

Current incentives range from \$5,000 to \$8,500 and the Liberal government announced today that is increasing to a range of \$6,000 to \$10,000.

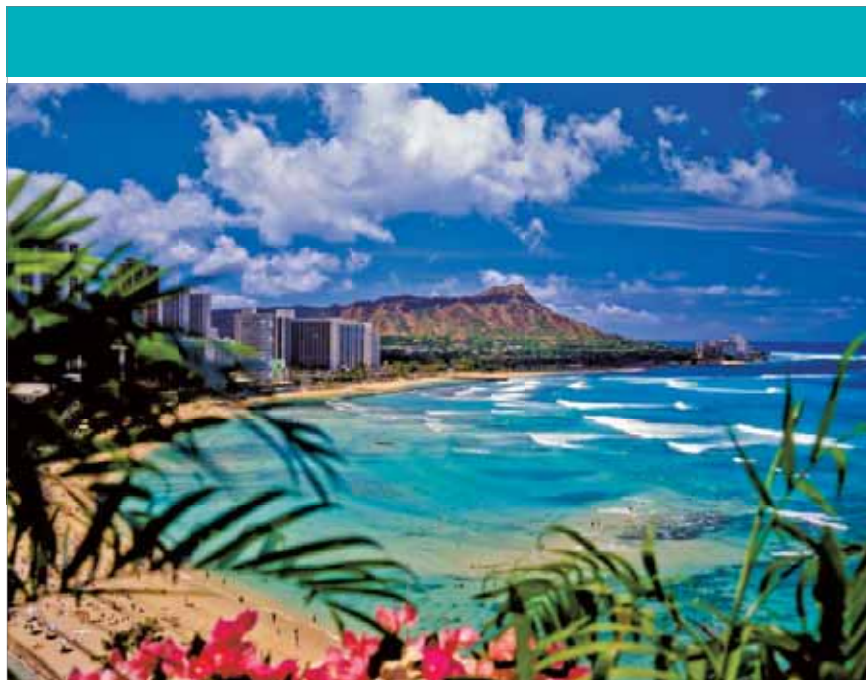
Drivers could also get another \$3,000 if their vehicle has a larger battery capacity and another \$1,000 if the

vehicle has five or more seats. But for higher-end vehicles, priced between \$75,000 and \$150,000, the incentive is capped at \$3,000.

This announcement is retroactive to Jan. 1, so the Liberals say anyone who bought an electric vehicle already this year can apply.

There are currently about 5,800 electric vehicles in Ontario.

THE CANADIAN PRESS



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WESTJET

IN BRIEF

Man arrested over alleged break-and-enter spree

Police say an Ottawa man is facing 55 counts following a string of residential break and enters.

Police say a 55-year-old man was arrested on Tuesday, allegedly in the process of committing a break-in.

Richard Seguin is charged with 54 break-and-enter-related counts and one charge of possession of a break-in instrument.

THE CANADIAN PRESS

Students feeling 'unsafe' after Pride flag is burned

LGBTQ ISSUES

Raising marked start of OUTweek



Thandi Fletcher
Metro | Vancouver

LGBTQ students at the University of British Columbia say they no longer feel safe on campus after a Pride rainbow flag was found burned on Tuesday.

Rachel Garrett, a co-ordinator for UBC's Pride Collective, said emotions are running high for the student-run society after learning that the flag was set on fire.

"It's been a rough day," Garrett told Metro. "A lot of us are definitely feeling very unsafe right now and that's a very unsettling feeling to have, especially in a city that is seen as so inclusive and on a campus that is seen as so accepting."



Coun. Tim Stevenson holds the Pride flag before it was raised at Vancouver City Hall on Wednesday in solidarity with the University of British Columbia. COURTESY VANCOUVER MAYOR'S OFFICE

The flag was raised Friday at the opening ceremony for UBC Pride Collective's OUTweek activities.

Early Tuesday, two group members discovered the flag was

missing and contacted officials, who determined the flag had been burned on the weekend.

In a statement, UBC officials said campus security and RCMP are investigating. "UBC

condemns this incident as an act of hate and in contravention of the values of equity, inclusion and respect deeply held by the university community," the statement reads. "The university

"We're really standing strong through this."

Rachel Garrett

encourages student initiatives such as OUTweek as they provide a supportive and inclusive environment for students to explore topics around gender and sexual identity."

Although it's unclear what the motivation was, Garrett said Pride Collective cancelled a march in support of transgender people planned for Wednesday due to safety concerns. Other OUTweek events will continue as scheduled, she said.

"The history of Pride is a history of activism," Garrett said. "It really does show us why OUTweek is important and why we work to create this safe spaces in the first place, because they are so crucial."

RELATIONSHIPS

Half of women with HIV are single

Although successful treatment can significantly reduce the risk of HIV transmission, nearly half of women living with HIV in Canada say they are not in a relationship.

That's one of the findings of a study led by a Simon Fraser University team that has revealed high rates of sexual inactivity and dissatisfaction among women living with HIV in Canada.

Allison Carter, a PhD candidate at SFU, is hoping to change that. "The main message from our research is that HIV-positive Canadian women can and do enjoy meaningful intimate relationships and healthy sexuality after HIV," Carter told Metro.

"We've done a great job of using medicine and education to prevent HIV, and now we really have to teach people about how you can love someone with HIV."

With a team of researchers, Carter is working to normalize sex and intimacy for women with HIV. **THANDI FLETCHER/METRO**



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Sanders, Trump face challenges

NEW HAMPSHIRE PRIMARY

Stiff tests in Nevada, South Carolina await after big wins

Republican Donald Trump and Democrat Bernie Sanders were moving on Wednesday from commanding wins in the first-in-the-nation New Hampshire primary to more diverse states that will challenge their transformation from outsider candidates to their parties' presidential nominees.

The next Republican contest is the Feb. 20 South Carolina primary. The state is a hotbed of conservative tea party groups and evangelical voters that will test Trump's staying power. Next for Democrats is the Nevada caucus on the same day.

Sanders, a self-described democratic socialist, easily beat Hillary Clinton, a former secretary of state and first lady once seen as the all-but-certain Democratic nominee. With more than 90 per cent of the vote counted in New Hampshire, Sanders had 60 per cent to Clinton's 38 per cent.

Trump, the brash real estate billionaire and television personality who has never held public office, had 35 per cent among the Republicans, with moderate Ohio Gov. John Kasich a distant second with 16 per cent.

Texas Sen. Ted Cruz finished third in New Hampshire, former Florida Gov. Jeb Bush was fourth and Florida Sen. Marco Rubio was fifth. Less than a percentage point separated each of those positions.

"I think they're all really potential threats," Trump said of his rivals Wednesday on MSNBC. "But I'm OK at handling threats."

Kasich, who surged from relative obscurity in New Hampshire, has a poorly funded campaign that will struggle to keep up momentum in South Carolina and beyond.

Sanders' campaign launched ads Wednesday in Oklahoma, Minnesota, Colorado and Massachusetts — all states where they believe he can grow.

Clinton's campaign argues she will perform better as the race heads to more racially diverse states, including Nevada and South Carolina. Both New Hampshire and Iowa are overwhelmingly white states.

Civil rights activist the Rev. Al Sharpton said he met with Sanders on Wednesday to discuss issues that affect the African-American community, but said he won't endorse a candidate until after meeting with Clinton next week.

THE ASSOCIATED PRESS

+ GOP RACE

Christie, Fiorina bow out

New Jersey Gov. Chris Christie dropped out of the Republican nomination for president on Wednesday, a day after his disappointing sixth-place finish in New Hampshire's primary.

Christie dropped out of the race the same day that Carly Fiorina announced on social media that she, too, was calling it quits.

THE ASSOCIATED PRESS



INDIA

Elephant goes on rampage

A wild elephant rampaged through an east Indian town on Wednesday, smashing cars and homes and sending panicked people running before the animal was tranquilized and returned to the forest.

As the frightened elephant ran amok, trampling parked cars and motorbikes, crowds of people gathered to watch from balconies and roof tops. Some followed from a distance as the elephant moved through the streets.

"The elephant was scared and was trying to go back to the jungle," said Papaiya Sarkar, a 40-year-old homemaker who watched the elephant amble down a street.

The elephant had wandered from the Baikunthapur forest, crossing roads and a small river before entering the town of Siliguri in West Bengal state.

Divisional Forest Officer Basab Rai said the female elephant appeared to be a loner without a herd, and was likely searching for food.

He said it did not attack any people, and appeared to be afraid of them. After several hours, it became clear the elephant was unable to find its way back to the forest.

Authorities eventually shot the elephant three times with a tranquilizer gun and used a crane to lift it into a truck once it had calmed down.



1 A wild elephant that strayed into the town moves through the streets as people follow at Siliguri in West Bengal state, India, on Wednesday. The elephant had wandered in from the forest, crossing roads and a small river before entering the town.

2 People watch as a wild elephant roams through the town.

3 The panicked elephant ran amok, trampling parked cars and motorbikes and frightened residents before it was tranquilized.

ALL PHOTOS THE ASSOCIATED PRESS

AUSTRALIA

Veteran reunites with wartime girlfriend

A 93-year-old American veteran from the Second World War embraced his wartime girlfriend in Australia in their reunion Wednesday after more than 70 years apart.

Norwood Thomas and 88-year-old Joyce Morris laughed as they wrapped their arms around each other after Thomas flew from Virginia to the southern Australian city of Adelaide to reconnect with his long-lost love.

"This is about the most wonderful thing that could have happened to me," Thomas said, in a reunion broadcast on Chan-

nel 10's The Project.

"Good," Morris replied with a laugh. "We're going to have a wonderful fortnight."

Morris was a 17-year-old British girl and Thomas was a 21-year-old paratrooper when they first met in London shortly before D-Day. After the war, he returned to the U.S. The pair wrote letters to each other, and Thomas asked Morris to come to the U.S. to marry him. But somehow Morris misunderstood and thought he'd found someone else, so she stopped writing.

The two eventually married other people. Thomas's wife

died in 2001; Morris divorced her husband after 30 years.

Last year, Morris asked one of her sons to look for Thomas online, and they found his name featured in an article about D-Day that ran in The Virginian-Pilot newspaper.

Thomas and Morris reconnected via Skype. After their story went public, hundreds of people made donations to help fund Thomas's trip to Australia from his hometown in Virginia Beach.

The two are planning to spend Valentine's Day together.

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Norwood Thomas, holds a photo of Joyce Morris at his home in Virginia Beach, Va.

BILL TIERNAN/THE ASSOCIATED PRESS

IN BRIEF

Self-driving cars a step closer to reality

Computers that control cars of the future can be considered drivers just like humans, the U.S. federal government's highway safety agency has decided.

The redefinition of "driver" by the National Highway Traffic Safety Administration is an important break for Google, which is developing self-driving cars that get around without steering wheels, pedals — or even the need for a person to be inside.

THE ASSOCIATED PRESS

France passes citizenship revocation bill

French lawmakers have approved a divisive bill aimed at making it possible to revoke the citizenship of people convicted on terrorism charges.

The bill, presented by Socialist Prime Minister Manuel Valls in the wake of the Paris attacks last year, passed by 317-199 Wednesday in parliament's lower house, the National Assembly. Many on the left expressed indignation at the move and refused to vote for it.

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TAIWAN THE FLUFF DREAMS ARE MADE OF Le Le, a seven-year-old Maltese dog, is held by a relative of the owner after it was rescued from a collapsed building complex in Tainan, Taiwan, Wednesday. The Tainan District Prosecutors Office said in a statement Wednesday that they have approved the detention of three construction company executives who are suspected to have overseen shoddy construction of the 17-story Weiguan Golden Dragon building, which tumbled on to its side following an earthquake Saturday. JOHNSON LAI/THE ASSOCIATED PRESS

North Korea sanctioned over launch

DIPLOMACY

Japan blocks trade, travel citing missile concerns

Japan announced Wednesday that it will impose new sanctions on North Korea to protest a rocket launch seen as a test of missile technology.

The sanctions will include expanded restrictions on travel between the two countries and a complete ban on visits by North Korean ships to Japanese ports, Chief Cabinet Secretary Yoshihide Suga said at a news conference.

"Despite our repeated requests to stop nuclear tests and missile development, (North Korea) pushed ahead with the launch. It has a direct impact on Japan and we need to show our strong determination," Suga said. He said, however, that Japan will keep a door open for dialogue to resolve the still-outstanding issue of Japanese citizens who were abducted by North Korea decades ago.

Suga said the sanctions would be approved by the

Cabinet later, and would also require legislative changes in parliament.

The ban on port entry extends to any foreign ships coming to Japan after visiting North Korea. The travel ban will also be broadened to include any foreigners with nuclear and missile expertise who visit North Korea. All money transfers, except for those below 100,000 yen (\$880) for humanitarian purposes, will be banned.

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+ WASHINGTON

U.S. Senate bill targets North Korea

Seeking to derail North Korea's drive for nuclear weapons, U.S. senators set aside their partisan differences on Wednesday to support legislation aimed at starving Pyongyang of the money it needs to build an atomic arsenal. The Senate is scheduled to vote later Wednesday on a bill to impose more stringent sanctions on North Korea.

THE ASSOCIATED PRESS

CHILDREN'S HEALTH

India launches mass deworming campaign

Millions of Indian children are getting deworming treatment in a massive national campaign to prevent parasitic worms from infecting them and impairing their mental and physical development.

In a village on the outskirts of the Indian capital, the children washed their hands and lined up to chew the deworming tablets given to them by their teachers and health workers before opening their bags for studies on

Wednesday morning.

The campaign is targeting 270 million children across the country for Wednesday's effort and another next week for children missed the first time, the Health Ministry said in a statement.

Worms interfere with nutrient uptake in children and could lead to anemia, malnourishment and physical and mental impairment. The infection risk is mainly caused by lack of proper toilets, un-

clean drinking water, poor hygiene and dirty surroundings.

The World Health Organization estimates that 220 million children between the ages of one and 14 are at risk of parasitic worm infection in India.

On Wednesday, nearly 900,000 teachers, principals and health workers were mobilized in schools and government-sponsored child and mother care centres.

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A student receives a deworming pill as a queue awaits their turn Wednesday.

MANISH SWARUP/THE ASSOCIATED PRESS

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Fans gather outside Tom's Restaurant on May 14, 1998 in New York as they prepare for the last episode of the TV show Seinfeld. The show used the restaurant's exterior for a set. AFP/GETTY IMAGES



Plans for a Central Perk popup in Toronto are underway as organizers look for locations. FACEBOOK

EMPLOYMENT

Health plans tweaked

During his three-year tenure as a financial analyst at one of Canada's biggest banks, Devon Wright never once used his company health plan.

"There was just nothing there that was of any interest to me," says Wright, 28.

So when Wright quit his job in 2012 to launch technology company Turnstyle Solutions, he decided to create a benefits package tailored to his needs.

Turnstyle is one example of how Canadian companies are tweaking their health plans in order to appeal to a new generation of employees in the coming years.

In addition to the standard drug and dental benefits, Turnstyle covers naturopathic medicine, mental health counselling and provides a fitness subsidy.

The Toronto-based startup also offers free, healthy meals — a major perk for 23-year-old Sam Hillman. "This emphasis on living a healthy lifestyle really shows the company's commitment to me as a holistic individual," says Hillman, an account director.

THE CANADIAN PRESS



Sam Hillman in Turnstyle's offices. THE CANADIAN PRESS

Nostalgia lures customers

MARKETING

Recreating iconic fictional hangouts are part of a trend

This summer in Toronto, Seinfeld fans will be able to dine at a replica of Monk's Café, while Friends enthusiasts will have the chance to get their caffeine fix at Central Perk.

The iconic fictional hangout re-creations are part of a trend as entrepreneurs and restaurateurs evoke nostalgia to lure in

customers — a marketing ploy often used in retail.

"If everybody else is doing that, why not restaurants?" said Carol Wong-Li, a senior analyst of Canadian lifestyle and leisure at Mintel.

The entertainment industry has long used nostalgia, she said. Disney recently revamped the Star Wars saga, which has proved to be a boon for Cineplex, while Netflix has revamped beloved shows like Full House and Arrested Development.

For eateries, this strategy helps mitigate risk, said Wong-Li, as it provides them with a

built-in customer base from the cult shows' fandom.

"Seinfeld is just this cultural phenomenon," said Mackenzie Keast, co-organizer of the upcoming Seinfeld popup diner in Toronto.

He and his three, fellow Seinfeld-loving friends plan to pay homage to the show by serving foods central to plot lines, like chocolate babka, muffin tops and Kenny Rogers's chicken.

After Keast and his friends

announced their plans on Facebook, nearly 30,000 expressed interest in attending the launch party July 15.

"To enter the world of Seinfeld a bit, I think, is really exciting for a lot of people," he said.

Fans of Friends seem driven by a similar desire. They've flocked to replica Central Perk popups in England and New York.

Now, one is set for a brief

"If everybody else is doing that, why not restaurants?"

Carol Wong-Li, senior analyst at Mintel

FAST FOOD

Burger King to offer hot dogs

Burger King is looking for a new crown: Hot Dog King.

The Miami-based chain says it plans to put hot dogs on its menu across the U.S. for the first time starting Feb. 23. It may seem like a jarring addition for those

who know the chain for its Whoppers. But Burger King says its

ability to flame-grill meat makes hot dogs a natural fit on its menu.

"This is probably the most obvious product launch ever," said Alex Macedo, president of Burger King North America.

With the launch, Burger King says it will offer hot dogs at all 7,100 of its U.S. restau-

rants — more U.S. locations than any other chain. Smaller chains that sell hot dogs include Dairy Queen and Sonic Drive-In.

The move comes as Burger King works to push up sales amid intensifying

competition, with McDonald's offering breakfast items all day to spark

a turnaround, while Wendy's offers a "4 for \$4" deal to get customers in the

door. In 2014, Burger King's sales rose 2.1 per cent at established locations in the U.S. and Canada.

Macedo said hot dogs would build on the chain's momentum given their growing popu-

larity, including at trendy eateries.

Tests of the hot dogs in a handful of cities last year resulted in unspecified sales increases, according to Burger King. The food-review website The Impulsive Buy noted the hot dogs seem "small and not quite substantial enough" but otherwise gave them a positive review.

Still, fast-food history is riddled with menu flops, and Burger King is no exception. In 2013, for instance, the chain launched lower-calorie fries called "Satisfries." They failed less than a year later.

Macedo recalled another Burger King failure from the past. "At some point, they tried popcorn. They would give it away for free," Macedo said.

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Burger King hopes hot dogs will help push up sales.

ISTOCK

Faith and fear
Religious people give more charity to strangers if they believe God will punish them for insufficient generosity, new research shows.

CHANTAL HÉBERT: ON THE POST-ELECTION POST-MORTEM



Key Conservative and NDP insiders have been delivering some preliminary conclusions as to the cause of their defeats. Their findings are surprisingly interchangeable.

On a week that marks the passing of Justin Trudeau's 100th day in power, key Conservative and NDP insiders have been delivering some preliminary conclusions as to the causes of their October defeats.

Their findings are strikingly interchangeable — with the popular momentum for change somewhat conveniently fingered as a root cause of electoral failure.

In an op-ed piece published on Monday in *The Globe and Mail*, former Conservative campaign manager Jenni Byrne states: "The Liberals won because Canadians had an overwhelming desire for change, the extent to which wasn't fully appreciated until after the campaign had started."

In a memo summarizing the party's campaign review to date, NDP president Rebecca Blaikie reports: "Our campaign presented us as cautious change, which was out of sync with Canadians' desire for a dramatic break from the decade of Harper's rule, a desire we contributed to building."

Those who have kept their ear to the opposition ground since the election will find the refrain familiar. On the right, as on the left, there is no lack of party loyalists looking for solace in the notion that, in four years, the appeal of Trudeau's change agenda will have faded, with the pendu-

lum swinging back their way.

Indeed, Byrne does not exclude the possibility that her party could be back in power as early as 2019. Over on the NDP side, Thomas Mulcair is counting on his prime ministerial gravitas to see him through a leadership review later this year.

Fatigue with the ruling Liberals will eventually set in, although history suggests that could take more than a single mandate. But meanwhile, the Conservatives and the New Democrats, as they look back on their failed campaigns, should take care not to miss the forest for the trees.

I will come back in a future column to the NDP's contention that it offered "cautious change," but first, the myopic inside view from the Conservative backroom.

How is it possible that the party brain-trust underesti-

mated the potential force of the tide for change? It was a current running through public-opinion polls for most of the life of the last Parliament.

Harper was seeking to win a fourth consecutive mandate, a feat for which there is no modern precedent at the federal level.

In provinces such as Ontario, British Columbia and Manitoba, the incumbent parties that had recently beaten the odds and stayed in power beyond a third mandate had all changed leaders along the way.

Not only was Harper staying put for a fifth campaign, there was no compensatory injection of new blood in his team. On the contrary, there was a pre-election bloodletting of government talent.

Byrne credits a strong ground game for the party raking in almost as many votes

(5.6 million) in October as at the time of its 2011 majority victory (5.8 million).

But almost three million new or lapsed voters turned out in October, with the Conservatives ending up with a smaller share of an expanded election pie.

Together the Reform/Alliance and the Progressive Conservative parties lost to Jean Chrétien in 1993, 1997 and 2000 with a larger percentage of the vote than the unified party Harper led to defeat against Trudeau last fall.

The Liberals campaigned to the left of the NDP under a leader with none of the business or political credentials that had made Paul Martin and Chrétien appealing to many soft conservatives. It would be presumptuous for the Conservatives to assume the 2015 contingent of new voters is made up of people who lean to the right.

Byrne also asserts her party shot itself in the foot by tripping the NDP with the niqab issue in Quebec. (She makes it clear it was not her idea.) To win, she contends, Harper needed the NDP to do better.

Fair enough, but isn't the absolute dependency of the Conservatives on a favourable Liberal/NDP split to win an admission that the party has been and is content to fail to thrive on its own policy merits with as much as two-thirds of the electorate?

If that were the case, the Conservatives would — absurdly enough — have a bigger stake in a successful recast of the NDP than in their own post-election makeover.

Chantal Hébert is a national affairs writer. Her column appears in *Metro* every Thursday.

metroview

A terrifying task: Teaching my teens to take the right risks



Darren Krause
Metro | Calgary

Last weekend, my 15-year-old son and I were getting ready for a morning of haircuts, an oil change and, of course, checking the previous night's Lotto Max tickets.

Instead of engaging him in small talk to lubricate his 9 a.m. teen brain, I began with this: "I want you to know what happened last night at Canada Olympic Park. Two teenagers died and six others were injured after they took their own sleds down the bobsled track."

This was, of course, the tragic story of Calgary twins Jordan and Evan Caldwell, and six of their friends.

He was momentarily speechless.

"Why?" he asked, eventually.

"I don't know, but that's why I'm always on you about making sound decisions. I don't want to be the parent who gets a call from police to tell me my son has died."

I was pretty blunt.

I might think that a willful disregard for our parental authority causes teens to do the ill-advised things they sometimes do. But science tells us that teens come by questionable decisions honestly.

Dr. Kelly Schwartz, associate professor in the University of Calgary's child psychology program, says teens tend to use the emotional parts of their brain — the base region called the limbic system that's

been around in our ancestors for millions of years. They like to feel a rush and tell their friends about it afterward!

Until recently it was believed that by adolescence the brain was 98 per cent developed. Not so, Schwartz says.

The frontal lobe, which processes action and future consequences, isn't fully developed until the 20s. Tack on peer pressure, and it's a recipe for disaster.

When we adults raise an eyebrow over choices our kids make, we're doing so with the benefit of fully developed frontal lobes.

Schwartz offers some basic advice to parents to exercise that teen frontal lobe.

First: Put your kids in positions in which they can either succeed or safely fail. Help them build that library of experience and consequences that they can draw upon when it really matters.

Bad decisions are a part of life. We were all teens once. We've all done something where we cheated death by the narrowest of margins.

I try hard to see things through the eyes of my 15-year-old.

This understanding helps me as I personally try to make sense of this tragedy and try to parlay it into a lesson for all four of my boys. Only time — and experience — will tell if I've done enough.

Darren Krause is the managing editor of *Metro* Calgary. Follow him on Twitter @metro_dk.

THE MICROTREND: What's old is brewed again



The name "compost cocktails" doesn't exactly inspire cheers, so "closed loop" is the moniker mixologists have given to a growing fad: up-cycled alcoholic drinks made with ingredients scavenged from the green bin. A huge hit across the pond, they're the beverage equivalent of the "nose-to-tail" food movement, which has seen dishes such as pig's-head sausage, jellyed tripe and bone-marrow toast pop up in trendy brunch spots across Britain. Perhaps a nip of eggshell-infused vinegar or coffee oil distilled from used grounds doesn't scream "bottoms-up!" to you, but tamer trash-to-treasure tipples — house-fermented fruit scraps, macerated citrus peels — are proving popular with London bar-goers. SOURCE: THE DRINKS BUSINESS

Harper was seeking to win a fourth consecutive mandate, a feat for which there is no modern precedent.

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PARENTING

Author says boys must learn self-expression

Navigating parenthood at a time when masculinity is being re-defined can be a mystifying experience for parents of boys.

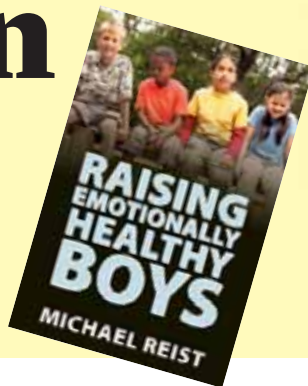
Michael Reist, a Caledon East educator, seeks to help parents and teachers understand boys in his new book, *Raising Emotionally Healthy Boys*. The goal is to accommodate boys' needs and encourage them to express their feelings.

What do parents need to avoid doing?

My central thesis is that the No. 1 problem affecting males today is emotional repression. And the question is when does this repression begin? When boys enter school the first thing they experience is a shutdown of their boy energy, their need for movement and space. The whole world tells them that there's something wrong with them. By Grade 3 they realize this isn't working for me, I'm not welcome here. My energy is a problem.

My main message, really, is to teachers I suppose when it comes to entering school: We need to do better at accommodating boy energy in school and modifying the environment of school to be more boy-friendly.

How to raise a modern man



You talk about us, as a society, coming to the end of thousands of years of patriarchy. What do you mean by that?

Well, the biggest revolution that we have experienced in my lifetime is feminism and feminism has totally changed the world. This history of Western civilization is basically the history of patriarchy where men ruled. Since the 1960s, that has completely

changed and the whole dynamic of society, the whole power structure of society, has changed. This is a fantastic thing. But women have had incredible role models in feminism. On the male side, there's been absolutely nothing equivalent to that. Young boys and men are going to have to retool to fit themselves into this new economy which is about language, which is

about connection, which is about relationships.

To be a man is no longer to be silent and strong and the breadwinner. That world has passed away.

How should we help retool boys for the future?

It all comes back to modeling. Boys need men who are comfortable with their emotions. We've got to get away

from the idea of the stupid, irresponsible male — you get the Charlie Sheen (character on *Two and a Half Men*) ... who's only interested in sex and that becomes the ha-ha-ha image of masculinity.

Are you suggesting that parents should all be signing their kids up for art lessons?

It sounds frivolous. But signing girls up for hockey, that

doesn't sound stupid. We really have a problem with boys with the arts, with the so-called soft skills. Creative writing, discussion groups — anything that involves expression of the self — the arts includes drama, dance, singing, all of those things (are positive).

Does one parent over the other typically have more of an impact on boys' emotional health?

Mother is still generally the primary caregiver in the early years. Fathers have to increase their role. At puberty the boy needs a model of what it is he's going to become. One of the reasons we have these man boys — playing video games while the wife runs the house — is because of the lack of initiation into positive male manhood. It's an essential element of emotional health for males to have male role models showing them what positive manhood is.

When you say, "Men are as much the victims of patriarchy as women are," what do you mean?

Men are crushed by the rat race of patriarchy. Their lives are so damaged by the competitive patriarchal world of one-upmanship, the Donald Trump world of, "Take care of yourself, forget about the rest." It doesn't serve women, nor does it serve men. It serves the bullies. Let's change the whole system. Don't just come in here and join the old boys club — let's change the club.

TORSTAR NEWS SERVICE

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Oh not OK with racial casting in animation

DIVERSITY

Star picks her battles in fight to change Hollywood

Sandra Oh is bringing the diversity debate to the world of animation. The former Grey's Anatomy star says race seems to have been a bigger factor in landing animated parts than her various film, TV or theatre gigs.

"I have been more and specifically typecast, if one can say that, in animation than in anything else," Oh said in a recent call from Los Angeles.

"All the characters I've played are specifically Asian. And I don't particularly think that I have a specifically Asian voice."

The Ottawa-bred Oh has lent her vocal talents to projects including American Dad, Phineas and Ferb, American Dragon: Jake Long and Mulan 2.

She'll next be heard in the Canadian animated film, Snowtime!, about a group of kids from a small village who embark on a massive snowball fight. It opens across Canada on Friday after pulling in more



Hollywood's diversity problem: Sandra Oh, who has lent her voice to many animated projects, is speaking out about the lack of work available for minorities. TORSTAR NEWS SERVICE

than \$3 million at the Quebec box office.

Oh said she relished the chance to get to play a boy in the film — a nerdy genius who builds an intricate snow fort at the centre of the battle. Her character Frankie isn't obviously Asian, but his skin is slightly darker and his eyes appear slightly smaller than other characters.

Producer Marie-Claude Beauchamp acknowledged in an email that Frankie has some Asian traits, but said "being Asian had nothing to do with the decision to cast Sandra Oh in the role."

Without directly referring to her Snowtime! experience, Oh said she's always found it "very curious and annoying, that I've been more racially typecast in

animation."

"I remember one time — this is years ago — just going, 'Why am I only going out for the Asian animated character?' And then trying to kind of make headways into like, 'Oh, can I be the Barbie voice? And not Barbie's doctor or something like that?' But no."

Oh said she's heartened by the current diversity discussion surrounding the Academy

Awards, which has the ignominious honour of celebrating all-white acting nominees for the second year in a row.

But the problem is really with the film studios, said Oh, an academy member whose big screen roles include Sideways, Rabbit Hole, Tammy and Blindness.

"The academy is like the tip of the iceberg. If there's noth-

“

Do I ever expect to be in a Woody Allen film? No. Why? Because he doesn't hire people who are not white.

Sandra Oh

ing to vote for, then there's no one to reward," she said.

"A way bigger challenge, or battle, is to help change the entire Hollywood system."

When it comes to chasing roles, Oh said she picks her battles carefully. She's not interested in working with anyone who hasn't displayed a willingness to embrace diversity.

"There are plenty of places that I'm not interested in going into because what's the point, they're never going to hire me," she said, reviving long-standing complaints surrounding one Hollywood heavyweight. "Do I ever expect to be in a Woody Allen film? No. Why? Because he doesn't hire people who are not white. So don't go down that alley." THE CANADIAN PRESS

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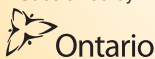
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MEET THE CONDO

Meet Gotham

Project overview

Gotham is a stylish condominium with a shiny steel, glass plate and charcoal brick exterior. The building stands out strikingly in the primarily low-rise neighbourhood, which is not far from Centretown. The project includes 240 units and features unique details such as exposed concrete.

Location and transit

The condo building is located near to downtown Ottawa, and is within walking distance of daily amenities such as drug stores, grocery stores and an array of local shops. Hwy 417 and central bus routes are both nearby, making it easy for commuters to get around the city.

In the neighbourhood

Centretown is, as its name suggests, located in a central part of Ottawa. It's a contemporary, energetic neighbourhood – comfortably sandwiched between the city's two main universities. The vibrant, bustling Bank Street is a key highlight of the area.

Housing Amenities

Gotham's units include outdoor terraces of various sizes and large glass windows in the main living areas to allow for plenty of light. The kitchens are outfitted with stainless-steel appliances, quartz countertops. The entire feel is sleek, urban and elegant.

ILANA REIMER/FOR METRO

GOTHAM IN OTTAWA



CONTRIBUTED

NEED TO KNOW

What: Gotham in Ottawa
Builder: Lamb Development Corp.
Architect: CORE Architects
Location: 224 Lyon St. N
Building: 17-storey condominium
Sizes: Starting at 426 sq. ft.
Pricing: Starting at \$239,900

Model: One to three bedrooms, one to two bedrooms and a terrace
Status: Selling
Occupancy: Anytime
Sales centre: 224 Lyon St.
Phone: 613-257-8887
Website: gothamottawa.com

HOMEBUYER BEWARE

Property Brothers urge caution when buying in hot markets

Drew and Jonathan Scott live in Las Vegas, but the Property Brothers stars still invest in real estate in their hometown of Vancouver where red-hot home sales and prices show few signs of cooling.

“The big thing is we’re seeing a lot of these houses that are selling for a million over list,” said Drew, a real-estate expert who scouts and negotiates fixer-upper homes on the hit W Network series. His identical twin brother, Jonathan, is a licensed contractor and master builder who handles the renovations.

The Real Estate Board of Greater Vancouver said last month was the second busiest January on record as residential property sales in the region jumped nearly 32 per cent, compared to Janu-

ary 2015. The estimated price of an average home across Metro Vancouver surged nearly 28 per cent to just under \$1.3-million from January of last year.

Across Canada, the national average sale price for homes increased 12 per cent last December compared to December 2014, according to the Canadian Real Estate Association. When the greater Vancouver and Toronto areas were excluded, the increase was 5.4 per cent, CREA said.

Drew recommended would-be buyers seek an agent to evaluate comparable sold properties to help determine true market value.

“Some people get into a big frenzy and they bid up, bid up, bid up, and they don’t realize they’re paying way more than

“**They don’t realize they’re paying way more than the house is worth**

Drew Scott, on the bidding war trap

the house is worth. You don’t want to be in that situation.

“There are several times that we’ve looked at properties with clients, and they have all these things that they want to do. But every neighbourhood has a cap for what you can do for an improvement and what people will buy and pay for in that neighbourhood.”

Enlisting a contractor who

can provide a quote on repair or renovation costs can help support the efforts of an agent who can determine whether changes will be a financial boon or bust, Drew noted.

“Most people skip the step,” added Jonathan. “They think: ‘Hey, I want to renovate my house.’ They just dive right in and they spend all this money.”

“Real estate is a great way to make money,” adds Drew. “It’s a great way to grow an investment over the years. However, if you’re not ready to get into a property, or if you’re not ready to get into a certain size of property, don’t rush. The worst thing you can do is become house poor, and we want to make sure that people aren’t.”

THE CANADIAN PRESS



Jonathan (left) and Drew Scott say that would-be investors should exercise caution more prudence than normal in markets where properties might be overvalued. HANDOUT

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FOR HIM AND HER

The many ways to show your love

Our couples gift guide of smooth skin, soft scents and tokens of love... you're welcome.

Better than chocolate

Tease your appetites with this aromatic scrub that gently buffs away dry patches without leaving a greasy finish on skin. Better than chocolate on the sheets, trust. Fresh Cocoa Body Exfoliant, \$54 at Sephora, sephora.ca.



1

Kissable

This playful gift box is stocked with future bath-time fun as well as a tasty lip scrub and lip balm saucily named The Kiss. Lush Love and Kisses box, \$54.95 at Lush stores, lush.ca.

Organic oils

Bouquets are pretty, but instead think organic rose essential oil + organic hand-pressed argan oil for soft, supple skin. It's the gift that keeps on giving. Leaves of Trees Rose Argan Oil, 50 mL, \$95 via leavesoftrees.com.

Soothing baths

This clever bath bomb soothes tired muscles with Epsom salts and arnica, conditions with avocado oil, and invigorates the spirit with a light grapefruit essence. Consonant Skincare Muscle Relief Bath Bomb, \$9 at consonantskincare.com.

Soft skin

Give hardworking hands loving care with a luxurious anti-aging duo that rapidly improves skin tone, firmness and texture, all with a lovely geranium and mandarin scent. Margaret Dabbs Fabulous Hands serum and lotion, \$75 and \$30 respectively, 1-877-787-5273 for retailers.

Time for love

She'll wear your heart on her wrist with this colourful watch that reveals its inner ticking, too. Swatch Tender Present, \$90, swatch.com for retailers.

Luscious lips

This creamy, sweet berry-blush lipstick by superstar makeup pro Charlotte Tilbury is enriched with lip-loving emollients and antioxidants, and housed in a glamorous, show-off-worthy case. K.I.S.S.I.N.G. Lipstick in Kiss Chase, \$38 at Holt Renfrew, holtrenfrew.com.

Pretty purse

Adorable and this heart-shaped cross-body purse makes a flirty, shaped statement. \$45 at Indigo, indigo.ca.



2

No wait watches

An elegant Swiss timepiece crafted by one of the world's oldest watchmaker brands is the ultimate heirloom accessory for him. Longines Conquest water-resistant sport watch, \$1650, longines.com.

Smell of sunshine

This delightful fragrance is a fresh field of pink roses drenched in spring sunshine, carefully captured in a bottle. At Caudalie Rose de Vigne Eau Fraiche, Caudalie spas and Sephora, sephora.ca.



3

Cute cuffs

He doesn't need a bad-boy attitude or a worn guitar to sport this sleek cuff — but he can pretend for you. Brave Marcheline Metallic Cuff, \$79, braveleather.com.



4

Heat is on

This smoky, woody scent with a hint of caramel evokes impressions of a just-stoked fire and intimate tete à tete in front of the crackling hearth. And you can both wear it. Maison Margiela By the Fireplace, \$125 at Hudson's Bay, thebay.com, and Sephora, sephora.ca.

Good with gold

Make her melt with a hug and a kiss in 14K rose gold and white diamonds. Dana Rebecca Designs Initial Cuff, \$1650 US, danarebeccadesigns.com. JANINE FALCON



5

- 1 Longines Conquest watch, \$1,650, longines.com
- 2 Cross-body purse, \$45, indigo.ca
- 3 Caudalie Rose de Vigne Eau Fraiche, sephora.ca
- 4 Lush Love and Kisses box, \$54.95, lush.ca
- 5 Marcheline Metallic Cuff, \$79, braveleather.com



Culinary classes can be a fun way to cook up a little romance. ISTOCK

Unwrapping the gift of a couple's getaway

THINGS TO DO

Do something different and give a little time this year

Tanya Enberg

From snowshoeing and hiking at a cosy cabin retreat to heating things up in the kitchen, with Valentine's Day falling on a long weekend this year, it's a great time to squeeze in a mini getaway. Here are five fun ideas for creating a special escape with your loved one.

Culinary classes

Take plans for an intimate dinner one step further by making it together. Master a wine reduction sauce, grill perfectly seasoned steaks for two, and discover the art of fresh pasta making learning valuable tricks from seasoned chefs during a weekend culinary getaway.

For foodie couples and amateur home cooks alike, consider this a fun and flavourful recipe for romance.

Casino weekend

Bust out the halter dress and Frank Sinatra-inspired swag-



Getting out into the outdoors and away from life's distractions might include a little cross-country or downhill skiing. ISTOCK

ger while testing your luck at the casino. Most casino towns are ripe with action beyond the chips, from hole-in-the-wall diners and high-end eateries, to lively bars, stage shows and museums along brightly lit neon strips (think Niagara Falls and Atlantic City). It's the best glittery backdrop for a non-traditional, action-packed weekend.

Rent a home away from home

Fully stocked with all the essentials, renting a house for the weekend is a simple and easy escape featuring all of the creature comforts of home. Wheth-

er exploring another neighbourhood in your own city or a new one altogether, it's a great way for couples to step out of the day-to-day and hit the refresh button. Get your search started on airbnb.ca or homeaway.ca.

Cabin retreat

Take a break from digital distractions and to-do lists for a truly bonding retreat at a winterized cabin or bed and breakfast. Spend your days absorbing nature while snowshoeing or hiking the trails.

Go for a light skate and peruse local shops and attractions. At night, slow the pace down

+ TIPS

How to plan a surprise weekend escape

- Make sure your partner's schedule is clear before you book
- Book your getaway using a payment card that's in your name only to ensure the utmost secrecy
- Be sure to clear the browsing history on your computer
- Throw your lover off track with a gift-wrapped box with the trip details tucked inside

even further by snuggling up by a crackling fire and sipping oversized mugs of hot cocoa.

Ski adventure

For snow-loving couples, renting a ski chalet for the weekend may be the magical ticket to romance and adventure.

After a day of snowboarding or skiing, head to the spa for a couples' massage to help nurture aching, après-ski muscles. Make a reservation at a nearby restaurant, simmer down with a drink by the fire, and hit the sheets early so you can get a few morning runs in on some fresh powder.



Sharing the love for gadgets

TECH GIFTS

Find that certain gadget for that certain someone

Marc Saltzman

Resist the predictable this Valentine's Day.

In other words, why buy your sweetie flowers or fancy bath soaps when you can wow your better half with some hot high-tech goodies?

Granted, an activity tracker or tablet costs more than a box of chocolates from the corner store, but your significant other is worth it.

Love - birds who want to impress their partners this Valentine's might

consider one of the following tech toys for him or her, which range in price from \$18 to \$400.



Lay me some skin

Why should your smartphone look like everyone else's? Instead, decorate your device with high-quality skins from Nuvango (from \$18.00) that affix to the back of your favourite

gadget, such as a smartphone or tablet, to give them some unique flare.

A percentage of each sale goes to the artist, or you can upload your own design to create a custom, one-of-a-kind skin, such as a family photo. Custom cases start at \$29.00. At nuvango.com

Fitness first

If your better half said his New Year's Resolution is to lose a few pounds, but they need a little motivation, consider picking them up the Fitbit Flex Fitness Tracker, on sale for \$99.99 until Valentine's Day. This water-resistant wearable lets you set a daily goal — such as a specific number of steps taken, distance traveled or calories burned — and the lightweight clip-on keeps track of your daily progress, awards you trophies, and syncs with devices for a deeper dive.

“convertible” device with a 10.1-inch screen on a magnetic hinge. When you no longer need the keyboard and trackpad, simply detach the screen and take it to the couch or coffee shop to flick through ebooks, videos, or games.

Bluetooth beanie

Dress warm for the winter and still be able to take calls and hear your tunes. As the name suggests, Casco's Blu-Toque is a Bluetooth-enabled toque with built-in headphones that you wirelessly stream music, audio books, podcasts or calls from your nearby smartphone.

Available for \$49.99, these knitted caps will keep you warm — yet connected up to 30-odd feet away from your music source — and it's available in multiple colours and styles to choose from.

Jogging companion

Another wearable for your special someone, is the TomTom Spark (\$299) stores up to 500 songs on your wrist to keep you entertained and motivated while exercising (via Bluetooth headphones).

It's also a fitness tracker, so it can monitor your time, distance, heart rate and calories burned, and comes equipped with a voice coach that talks you through reaching your goals, in real-time.

Double duty

Why gift a tablet when it can be a tablet and laptop in one? Available in multiple colours — including Sunset Red for Valentine's Day — the HP Pavilion x2 (\$399.99) is a Windows 10- and Intel-powered



1 Nuvango smartphone skin, from \$18

2 Fitbit Flex Fitness Tracker, \$99.99

3 TomTom Spark, \$299

4 HP Pavilion x2, \$399.99

5 Casco's Blu-Toque, \$49.99

6 Google Chromecast, \$45

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4





No. 1-ranked Lydia Ko says the Rio Olympics will be her top priority this year with golf in the Games for the first time since 1904

metr SPORTS

NHL Veteran D-man settles in with new team one day after trade

Dion Phaneuf famously turned up the dressing-room stereo when he first joined the Toronto Maple Leafs six years ago, seizing control of the team's leadership in the process.

By contrast, he was unusually reserved during his first skate with the Ottawa Senators.

Traded from Toronto in a nine-player blockbuster a day earlier, Phaneuf looked like he was simply taking in his surroundings Wednesday morning as he practised with the third team of his NHL career. The 30-year-old appeared out of place with the big Senators crest on his black practice jersey and an unfamiliar No. 2 on the back of his white helmet.

Phaneuf had worn No. 3 for his first 801 NHL games, split between the Maple Leafs and Calgary Flames, the club that selected him in the first round of the 2003 draft. He had to surrender that number with Ottawa, where it has already

been claimed by veteran defenceman Marc Methot.

"It's a fresh start for me," Phaneuf said as teammates grouped around excitedly to watch their newest defenceman speak. "It's a new chapter of my career and my life."

Shipped from Calgary to Toronto in a similar blockbuster on Jan. 31, 2010, Phaneuf played more than 400 games for the Leafs, including nearly six seasons as a captain. He was reluctant to look back on that time as he prepared to face the Red Wings in his first game as a Senator, focusing instead on his new team's bid to make the playoffs.

Phaneuf was only 24 when he first joined the Leafs, enduring plenty of controversy and losing — and a rotating cast of teammates, coaches and general managers — over 423 games, the last of which came in a 6-1 loss to the Senators on Saturday.

"I know that for me I played as hard as I possibly could," Phaneuf said of his Toronto tenure, which featured just one playoff series. "I worked as hard as I possibly could for that organization and I had great pride in playing there and being a Toronto Maple Leaf. But that changed. And now I'm an



Dion Phaneuf took to the ice for his first game as a Senators on Wednesday night in Detroit.

PAUL SANCYA/THE ASSOCIATED PRESS

Ottawa Senator and I'm proud to be an Ottawa Senator and that's where I'm at now and I'm moving forward from my time in Toronto."

Phaneuf was paired with Cody Ceci at Wednesday's morning skate and was expected to play alongside the 22-year-old when the Senators clashed with the Red Wings later.

Ottawa head coach Dave Cameron said Phaneuf would play in all situations for the

Senators, including the power play. Phaneuf lined up alongside captain Erik Karlsson on the point of one power-play unit at the morning skate.

"We've added a real good NHL long-term defenceman so we should be excited about that," Cameron said.

Phaneuf instantly becomes by far the Senators' most experienced defender. Methot, the former elder statesman of the defence, has played 300-

plus fewer games than Phaneuf, who hit the 800-game plateau last week.

Phaneuf had the Senators on a list of 12 teams he would accept a trade to, something he said was based on the quality of the Ottawa organization and its passionate fans.

THE CANADIAN PRESS

Go to metronews.ca for coverage of Wednesday's matches.

IN BRIEF

Redblacks add ex-Ticot to defensive line

The Ottawa Redblacks signed free-agent defensive lineman Arnaud Gascon-Nadon on Wednesday.

The six-foot-three, 250-pound defensive end spent three seasons with the Hamilton Tiger-Cats after being selected in the third round, 17th overall, in the 2012 CFL draft out of Laval. He registered nine tackles and a forced fumble.

Gascon-Nadon, a 27-year-old Montreal native, helped Laval win Vanier Cup titles in 2010 and 2012. THE CANADIAN PRESS

No traces of CTE found in brain of former enforcer

The brain of deceased NHL enforcer Todd Ewen did not show signs of chronic traumatic encephalopathy despite suffering several concussions during the player's career, the Canadian Concussion Centre announced Tuesday.

A study of Ewen's brain didn't turn up any traces of CTE, a neurodegenerative brain disorder that has been linked to multiple concussions, the CCC said in a statement.

Ewen racked up 1,911 penalty minutes in 518 NHL games with St. Louis, Montreal, Anaheim and San Jose. He died at age 49 on Sept. 19, reportedly of a self-inflicted gunshot.

THE CANADIAN PRESS

Jays, Donaldson come to terms on two-year deal

Third baseman Josh Donaldson and the Toronto Blue Jays have agreed to a two-year deal worth \$28.65 million US, the club announced on Wednesday.

The deal will see the 30-year-old Donaldson earn \$11.65 million in 2016 and \$17 million in 2017.

Donaldson was named American League MVP last season after hitting .297 with 41 home runs and a league-leading 123 runs batted in in his first year with the Blue Jays. He is just the second Blue Jay to earn MVP honours after George Bell in 1987.

THE CANADIAN PRESS

"I had a couple flights to get here yesterday and a lot of time to think and I'm excited to be a part of this team." Dion Phaneuf

PGA TOUR

Court throws out caddie lawsuit

Caddies lost their class-action lawsuit against the PGA Tour when a federal judge in California ruled they signed a contract with the tour that requires them to wear bibs as part of their uniform and cannot claim that corporate sponsorship on the bibs makes them human billboards.

U.S. District Judge Vince Chhabria dismissed the lawsuit Tuesday night with prejudice, which typically means it cannot be refilled.

The decision came just over a year after caddies filed the

\$50M

Estimated value of the advertising, according to lawyers for the caddies.

suit in northern California, the same federal court where former UCLA basketball star Ed O'Bannon successfully sued the NCAA for keeping college players from selling their marketing rights.

The lawsuit began with 81 caddies and had grown to 168. Chhabria dismissed all seven of the contractual claims.

The caddies had been at odds with the tour for the last several years over what they perceive as poor treatment. They are not allowed in clubhouses and at some tournaments are not allowed in the locker-room.

"The caddies overall complaint about poor treatment by the Tour has merit, but this federal lawsuit about bibs does not," Chhabria said.

THE ASSOCIATED PRESS



Jordan Spieth and his caddie Michael Greller plan a shot at a tournament in November. ANDREW REDINGTON/GETTY IMAGES

Meaning of gappiness

NHL

Grin and bear it: Pucksters say losing teeth is part of game

When Brent Burns packs his bags for road trips, the San Jose Sharks defenceman often leaves something behind: His cosmetic teeth.

"I don't wear them often," he said. "I usually find them in a drawer a couple months down the road and put them somewhere safe, forget where that is, and find them a couple months later."

Burns, a happy-go-lucky guy, said he is missing three of his real teeth and a fourth is "hanging on by a thread." He is holding

I definitely think a mouth guard helps. I probably should be wearing one.

Drew Doughty



Alex Ovechkin has become famous for his 506 goals and an increasingly haggard smile.

DREW HALLOWELL/GETTY IMAGES

out hope it won't join his other missing Chiclets.

"I need that one for corn on the cob," Burns said with a gap-filled smile.

Missing teeth have been associated with hard-nosed hockey for decades, with some players even, like Burns, embracing it as badge of honour. Gordie Howe, Bobby Clarke, Ken Daneyko, Stan Mikita, Bobby

I need that one for corn on the cob.

Brent Burns, who's missing three teeth with a third one loose.

Hall — all had grins famous for what's not there.

Casual fans might assume all players are missing a few teeth — not true — but there is far more interest in keeping the originals than there was in the 1980s, a time Kings coach Darryl Sutter recalls seeing players writing their numbers on coffee cups, putting their teeth in the cups and setting

them on a shelf before games. "The joke was switching teeth around," Sutter said with a sly grin.

Hall of Famer Chris Pronger has great-looking choppers, though they're not the ones he was born with, and Winnipeg Jets defenceman Dustin Byfuglien

can pop a perfect-looking tooth in and out like he's a magician.

Despite player safety being scrutinized more than ever and technological advances in equipment, hockey players are going to lose teeth. The only way to help is to force them to attach full-cage masks to their helmets and that is not going to happen any time soon, if ever.

If a player chooses to wear a mouth guard, he may help his chances of not having a concussion. His pearly whites, though, are still at risk from a puck, a stick, the ice or a check.

"I've pulled teeth out of mouth guards," Detroit Red Wings equipment manager Paul Boyer said. "They're not designed to keep the teeth in the mouth."

When players do get hit in the mouth with a stick or puck during a game, they are moments away from getting professional treatment from a team dentist and perhaps an oral surgeon. The Nashville Predators and Los Angeles Kings are among the teams with a dental chair



Chicago's Duncan Keith had seven teeth knocked out by a puck in the Western Conference final-clinching game in 2011 against San Jose and quipped afterward: "You've got to leave it all on the ice."

in their arenas.

"We've got full coverage, too," Byfuglien cracked.

"An oral surgeon who can also do plastic surgery is ideal," added Pronger. "I had a nice set of teeth. Now, I've got new ones. And, I broke my jaw and you probably can't tell I had 50 stitches here and 27 there."

Unlike Byfuglien, Los Angeles Kings defenceman Drew Doughty doesn't wear his cosmetic tooth, which he calls "a flipper" because it makes his lisp worse. Doughty had all of his teeth until losing one last year and another one early this season. One got knocked out by a puck and the other by a high stick.

Doughty acknowledges he has been lax about protecting his teeth, and brain, to some extent.

"I've been told I should many, many times," he said. "My team doctors want me to wear one. With my teeth being knocked out ... I don't really think the mouth guard would help in those situations. But for concussions, I definitely think a mouth guard helps. I probably should be wearing one, but I never have my whole life so I'm not going to start now."

THE ASSOCIATED PRESS

IN BRIEF

Doping offence earns Canuck sprinter 4-year ban

Canadian sprinter Dushane Farrier has been banned for four years for a doping violation. The 26-year-old from Toronto tested positive for SARM S-22 during an in-competition doping control at the Canadian track and field championships July 3 in Edmonton. SARMS — selective androgen receptor modulators — are a class of hormones that produce similar effects to androgenic drugs like anabolic steroids, and are relatively new on the doping spectrum.

Farrier ran a personal best 10.27 seconds in the 100 metres, and was a member of Athletics Canada's 4x100-metre relay pool. THE CANADIAN PRESS

Barcelona break record en route to Copa del Rey final

Barcelona's second-stringers salvaged a 1-1 draw against Valencia in the Copa del Rey semifinals to extend its unbeaten streak to 29 games and break the club record on Wednesday.

Barcelona reached its third-straight Copa final 8-1 on aggregate after it won the first leg 7-0 at the Camp Nou last week.

Striker Alvaro Negredo gave Valencia the lead before Barcelona equalized in the 84th minute.

Barcelona broke the record without nearly all of its regular starters at Mestalla Stadium in Valencia, including Lionel Messi, Luis Suarez, and Neymar. THE ASSOCIATED PRESS



GETTY IMAGES

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NHL

The 'great expansion' turns 50

The NHL's "great expansion" of 1967 delivered hockey to California, led to the "Broad Street Bullies" and legitimized the league as a major force in North American professional sports.

Fifty years ago this week, the owners of the original six teams unanimously approved doubling in size by awarding franchises to Los Angeles, San Francisco/Oakland, Philadelphia, Pittsburgh, St. Louis and Minneapolis/St. Paul. No other pro sports league had ever doubled the number of its teams and the move was considered a gamble. It proved to be one of the most important decisions in hockey history, and helped convince many that the NHL was for real.

From 1943 to 1967, the NHL was a stable, six-team league made up of the New York Rangers, Boston Bruins, Chicago



Bobby Clarke's Flyers were the first non-Original Six team to win a Stanley Cup.

TORSTAR NEWS SERVICE

Blackhawks, Detroit Red Wings, Montreal Canadiens and Toronto Maple Leafs. The move to expand came in the league's 50th season amid plenty of internal debate.

Hockey had some catching up to do: MLB had 20 teams, the NBA had nine and the NFL had 14, with more on the way.

Owners each paid the \$2 mil-

lion expansion fee, and the Los Angeles Kings and California Seals joined the fold along with the Philadelphia Flyers, Pittsburgh Penguins, St. Louis Blues and Minnesota North Stars.

The goal was to help the new teams but not hurt the old ones.

"When they made expansion, they took the players that were expendable, put them on a team and called them a team," said Bob Kelly, who was part of the early Flyers teams. It worked in most places, as an original six team won the Cup the first six years before Kelly and the Flyers' "Broad Street Bullies" teams broke through with back-to-back titles in 1974 and 1975.

The now league stands at 30 teams and may expand again to either 31 or 32, with Las Vegas and Quebec City under consideration. THE ASSOCIATED PRESS

RECIPE Lemon Thyme Chicken



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada



This dinner is pretty much our ideal February meal — it's hearty enough to enjoy as a winter, comfort meal but the bright flavours of lemon and thyme remind us that spring is just around the corner.

Ready in

Prep time: 10 minutes

Total time: 45 minutes

Serves 6**Ingredients**

- 8 chicken thighs (I buy boneless, skinless), cut into bite-sized pieces
- 2 glugs of olive oil
- 2 onions, diced
- 4 cloves of garlic, minced
- 1 lemon, cut 3 thin slices and juice the rest (you'll be left with about 1/4 to 1/3 cup of juice)
- 2 small-ish zucchinis, cut in half lengthwise and sliced

- 6 to 8 branches of thyme
- 2 cups low sodium chicken stock
- Salt and pepper to taste

Directions

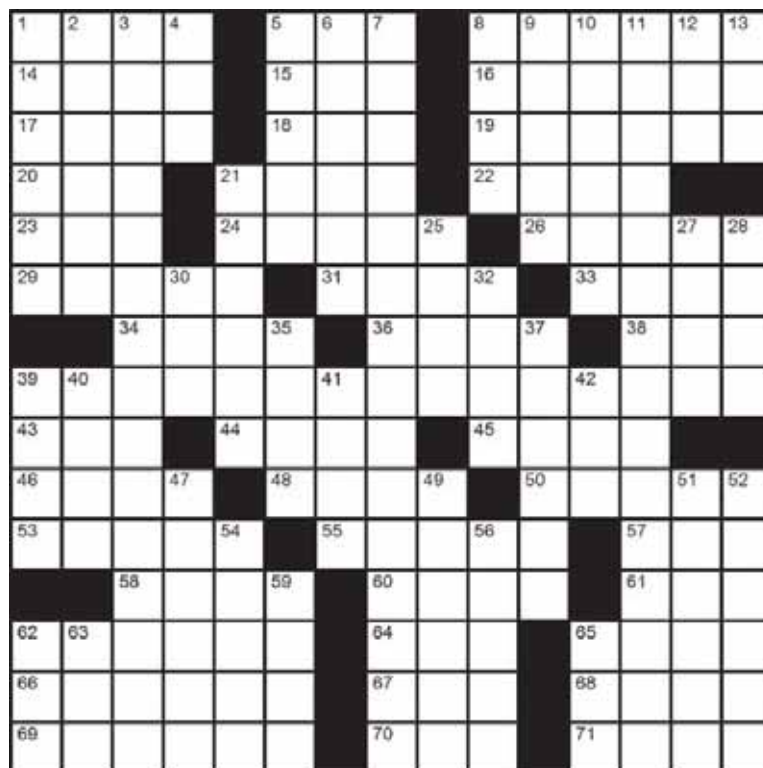
1. In a large pot or Dutch oven, warm up your olive oil over medium heat. Brown the chicken in batches — don't over crowd or the chicken won't brown nicely — but don't cook through. Place the cooked chicken on a clean plate. Drain all but 1 or 2 Tbsp of fat.
2. Put the pot back over medium heat. Sauté the onion, garlic, zucchini, thyme and lemon slices until the vegetables begin softening, about 5 minutes.
3. Add the chicken back to the pot and pour the stock and lemon juice over top. Give it all a stir, turn the heat down a touch and simmer for 30 minutes. Serve over couscous, rice or pasta.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

1. Float like an aroma
5. 1962: "___ a Rebel" by The Crystals
8. Theatrical digressions
14. Opera-style tune
15. "Diva ___ Dime"
16. Hollywood icon Marilyn
17. Endorse
18. Combine ingredients
19. Determined
20. Wynonna's actress sis
21. Kind of Lily
22. Atom Egoyan and David Cronenberg, e.g.
23. Gamble
24. Mythical maiden
26. ___ Rica
29. Vide ___ (Latin for 'see below')
31. Herman Melville's captain
33. Glance over
34. Glass-dropper's exclamation!
36. Balls
38. Previous
39. An ancient art of Aboriginal people is the embellishment of crafts, such as jewellery, with these materials made vibrant from natural dyes: 2 wds.
43. Heart
44. Canadian actress Jessica
45. Window ledge
46. Cottage lot size
48. Shreds
50. Chompers



53. Power up the brain
55. "I'm a ___ 4 U" by Britney Spears
57. French vineyard
58. Comet's follower
60. Unfortunately
61. Set-___ (Arguments)

62. Maple, in Montreal
64. Feminine side
65. Pinball infraction
66. 'S' of CSNY
67. WSW's opposite
68. Beetle variety, ___ weevil
69. Trojan hero

70. Big ___ (Chewing gum brand)
71. Newfoundland & Labrador town: L'___au-Loup

DOWN

1. Green condiment for sushi

2. Up and about, formal-sounding
3. What General Wolfe's soldiers would do in the Battle of Quebec in 1759: 3 wds.
4. Nylons shade
5. Comfortable
6. Conundrum

7. Musician like Juno-winner Richard Underhill: 2 wds.
8. Among
9. ___ boom
10. "This is so-and-so..." routines at parties
11. Fashion designer's offering: 2 wds.
12. Time division
13. Established
21. Snaffle like a shopper: 2 wds
25. Animal of Aesop's
27. ___ order
28. & &
30. ___-A-Fella Records
32. Uses the grill
35. Box
37. Hotel rooms
39. Excellent, slang-style
40. "I got stung!"
41. Goo Goo Dolls hit
42. Island: French
47. Facilitate
49. ___ solution (Contact lenses rinse)
51. Web forum nuisances
52. Disco song/dance, with The
54. To ___ Mockingbird
56. Like a barn topped with a functional rooster ornament
59. More or ___
62. Conductor, ___Pekka Salonen
63. Way to go, briefly
65. Acronym for a time as yet unknown

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Others say that you are aiming too high and maybe they are right but they could also be worried that you will succeed in what you are trying to do and show them up in the process.

Taurus April 21 - May 21
Don't let your personal life get in the way of your career. Business first, on this occasion friends and family should take a back seat. You can make it up to them later.

Gemini May 22 - June 21
Be careful when talking to people who may not share your ideas or outlook. Not everyone will approve of your questioning and while you may not care what they think they can still do you harm.

Cancer June 22 - July 23
It does not matter what others think, it matters only what your instincts tell you. And they're tell you "don't panic." Others can rush around but the best thing to do is to sit tight.

Leo July 24 - Aug. 23
You cannot please everyone you have to deal with, so decide what relationships to focus on. Don't feel too bad about those you leave by the wayside — life does not have to always be fair.

Virgo Aug. 24 - Sept. 23
Don't get too carried away today. Your enthusiasm could be a problem on the work front where, if you try too hard, colleagues and superiors may wonder what you're up to.

Libra Sept. 24 - Oct. 23
Slow down and let the rest of the world catch up with you. But don't let anyone persuade you to give up on a long-term aim. Keep striving.

Scorpio Oct. 24 - Nov. 22
It's not like you to keep loved ones on a short leash but for some reason you have been trying to curb their freedom. It won't work. You would not accept restrictions on your own movements so don't try to impose them on others.

Sagittarius Nov. 23 - Dec. 21
What happened to your way with words? You seem at a loss to know how or why it has happened. You will find your voice again but, for now, be the strong, silent type.

Capricorn Dec. 22 - Jan. 20
You're worrying too much about your financial situation. And the more you worry the more likely it is that something will go wrong. Soon you'll look back and wonder why you made such a big fuss.

Aquarius Jan. 21 - Feb. 19
Try to stay calm today. If you lose your head even a little bit you will very quickly go all the way. You're not always the logical, practical sort. You have emotions too.

Pisces Feb. 20 - March 20
It will be easy to feel sorry for yourself today but it would also be a crime to waste your time and your energy on needless self-pity. If you feel a bit down snap out of it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

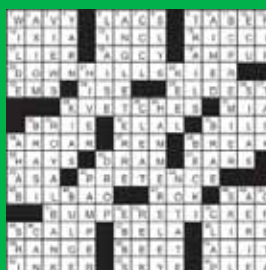


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YESTERDAY'S ANSWERS

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